



Opti Green and Yellow Practice Regatta

American Yacht Club
499 Stuyvesant Avenue, Rye, NY 10580

July 20, 2026

Class: Optimist

Open to: All boats of the Optimist Class Green age groups that meet JSA and Regatta Eligibility Requirements in Rules for JSA Events 3 and 4.

Notice of Race

- American Yacht Club is the Organizing Authority (OA) in partnership with the Junior Sailing Association of Long Island Sound.
- [DP]** The notation '[DP]' in a rule means that the penalty for a breach of the rule may, at the discretion of the protest committee, be less than disqualification.

Abbreviations:	
PC	- Protest Committee
OA	- Organizing Authority
RRS	- Racing Rules of Sailing
NoR	- Notice of Race
RC	- Race Committee
SI	- Sailing Instructions
JSA	- Junior Sailing Association of LIS

1 RULES

1.1 The event will be governed by:

- the rules as defined in *The Racing Rules of Sailing*
- the Optimist Class Rules
- the [Rules for JSA Events](#)
- the [JSA Code of Conduct](#)
- the US Sailing [Athlete Safety Handbook](#)
- RRS Appendix V1 Penalty at the Time of an Incident, and Appendix V2, Penalty Taken After a Race, will apply.
- Rule 60.4(a)(2) is changed as follows: (2) if it alleges a breach of a rule of Part 2 or rule 31 and is from a boat that was not involved in, and did not see, the incident, or
- RRS Appendix T, Arbitration will apply

2 SAILING INSTRUCTIONS

- 2.1 The Sailing Instructions will be available at before and during the regatta and posted on the official notice board.

3 COMMUNICATION

- 3.1 This Notice of Race, results, and other information will be available at <https://sailing.americanyc.org/regatta/SJHso0J2q4>.
- 3.2 [DP] Each coach and support vessel shall carry a VHF radio capable of communicating on all US channels.
- 3.3 [DP] All coaches and support vessels shall monitor VHF channel 73. Support persons shall maintain silence on this channel unless safety-related communication with the race committee or safety patrol is necessary. American Yacht Club base can be reached on VHF channel 73 for operational and emergency support.
- 3.4 [DP] While racing, from the first warning signal until the end of the last race of the day, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication not available to all boats.

4 ELIGIBILITY AND ENTRY

- 4.1 This regatta is open to all competitors who meet JSA and regatta eligibility requirements.
- 4.2 If either the JSA weight or age requirement for the boat class is not met, the sailor shall file the JSA underage/underweight permission request form as directed in the JSA Online Regatta Registration system. This permission request is subject to acceptance by the Regatta Chair.
- 4.4 Eligible boats may enter by registering online at <https://sailing.americanyc.org/regatta/SJHso0J2q4>. To be considered an entry in the event, a boat shall complete all registration requirements and pay all fees.
- 4.5 Questions regarding eligibility and registration should be directed to juniorayc@gmail.com.

5 MEASUREMENT, SAFETY AND EQUIPMENT

- 5.1 Each boat shall carry the safety equipment specified by either the Optimist Class Association or JSA.
- 5.2 Each sailor shall complete a safety check, pass such check before sailing, and present their completed self-check safety form to registration.
- 5.3 [DP] Each boat shall display a streamer designating their Division (green) from the top of their sail. Streamers will be provided at registration.

6 FEES

- 6.1 The entry fee is free for all sailors. There is no fee to send an instructor.
- 6.2 All skippers, crews, and Instructors are required to check in (in person) during registration.

7 SCHEDULE

Day	Date	Time	Activity	Location
Sunday	7/19	1600 - 1900	Early drop off	Middle Lawn or Western Seawall
Monday	7/20	0800 – 0900	Registration	Porch of Clubhouse
		0800 - 0900	Safety Check	Indiv Coach Province
		0900	Competitors Meeting	South of Clubhouse
		0930	Instructors Meeting	South of Clubhouse
		1000	Harbor Start	
		1100	First Warning Signal	
			Lunch	On the Water (BYO)
		1530	No Warning Signal after	
		Post Racing	Snacks and Awards	South of Clubhouse

8 VENUE

8.1 The racing area(s) will be Long Island Sound, south of American Yacht Club.

9 COURSES

9.1 The courses to be sailed will be JSA-approved course options as described in the Sailing Instructions.

10 SCORING

10.1 Five or more races are scheduled. One race is required to be completed to constitute a series.

10.2 When fewer than six (6) races have been completed, a boat's series score will be the total of her race scores. When six (6) to ten (10) races have been completed, a boat's series score will be the total of her race scores excluding her worst score. When eleven (11) or more races have been completed, a boat's series score will be the total of her race scores excluding her two worst scores. This changes RRS A2.1.

11 PRIZES

11.1 Prizes will be awarded at the discretion of the race committee.

12 SUPPORT VESSELS

12.1 Any program entering three or more boats shall supply an instructor with a support vessel equipped with a working VHF radio, an anchor and a first aid kit.

12.2 Any program entering fewer than three boats that will not supply a support vessel shall arrange with another program to allow the supervising instructor out onto the water. In no circumstance shall competitors be allowed to sail without a designated instructor on the racecourse.

12.3 [DP] All support vessels shall be equipped with a functioning engine safety cut-out switch (kill switch) which shall remain attached to the operator at all times while the engine is running.

12.4 [DP] Instructors shall register with the OA at registration.

12.5 [DP] Instructors shall attend the instructors' meeting to receive safety assignments.

13 DRONE USAGE

13.1 Drones are not allowed at the event unless they are authorized by the Organizing Authority (OA). Content from OA authorized drones should not be used for coaching during the event. If the content is used for coaching (or other similar purposes) it shall be made available to all competitors at the same time and not during competition hours. Further, the content shall be made available to the JSA for promotional purposes by promptly emailing said content to news@jsalis.org."

14 TRANSPORTATION AND PARKING

14.1 [DP] Neither competitor nor coach boats may arrive before July 18 at 1600.

14.2 [DP] All boats and trailers that arrive on July 19, shall be stored Middle Lawn or Western Seawall.

14.3 [DP] Coach boats that arrive by water should contact American Yacht Club on VHF channel 73 for docking instructions.

14.4 [DP] Coach boats shall not launch by hoist without assistance from American Yacht Club staff.

15 RISK STATEMENT

15.1 RRS 3 states: 'The responsibility for a boat's decision to participate in a race or to continue to race is hers alone.' By participating in this event each competitor agrees and acknowledges that sailing is a potentially dangerous activity with inherent risks. These risks include strong winds and rough seas, sudden changes in weather, failure of equipment, boat handling errors, poor seamanship by other boats, loss of balance on an unstable platform and fatigue resulting in increased risk of injury. **Inherent in the sport of sailing is the risk of permanent, catastrophic injury or death by drowning, trauma, hypothermia or other causes.**

I agree to be bound by all rules that govern this event.

Regatta Chairperson: Melissa Wirth melissa.m.wirth@gmail.com
Principal Race (or Fun!) Officer: TJ Danilek juniorayc@gmail.com

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